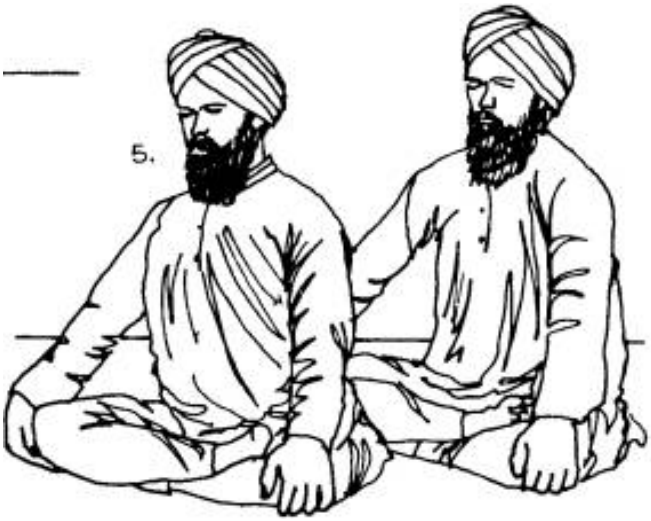
Kundalini Yoga Basic Spinal Energy Series KY kriyas (From Sadhana Guidelines)

1. Sit in easy pose. Grab the ankles with both hands and deeply inhale. Flex the spine forward and lift the chest up (lA). On the exhale, flex the spine backwards (lB). Keep the head level so it does not "flip-flop." Repeat 108 times, then inhale. Rest 1 minute.

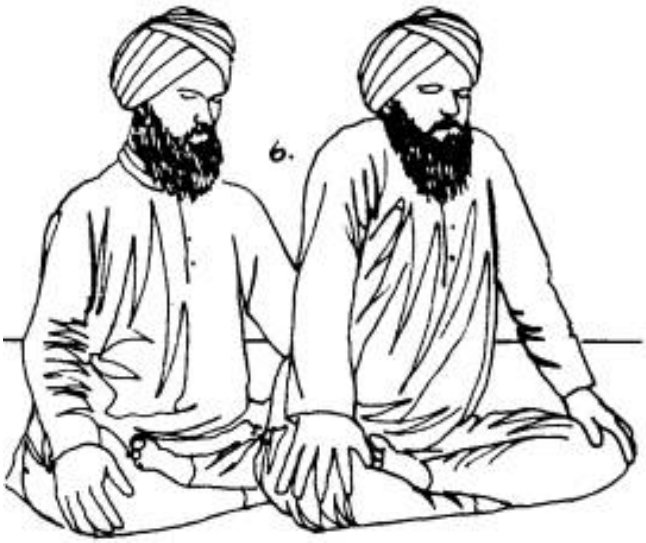
2. Sit on heels. Place the hands flat on the thighs. Flex spine forward with the inhale (2A), backward with the exhale (2B). Think "Sat" on the inhale, "Nam" on the exhale. Repeat 108 times. Rest 2 minutes..

3. In easy pose, grasp the shoulders with fingers in front, thumbs in back. Inhale and twist to the left, exhale and twist to the right. Breathing is long and deep. Continue 26 times and inhale facing for
ward. Rest 1 minute.

4. Lock the fingers in bear grip at the heart center (4A). Move the elbows in a see-saw motion, breathing long and deep with the motion (4B). Continue 26 times and inhale, exhale, pull on the lock. Relax 30 seconds.



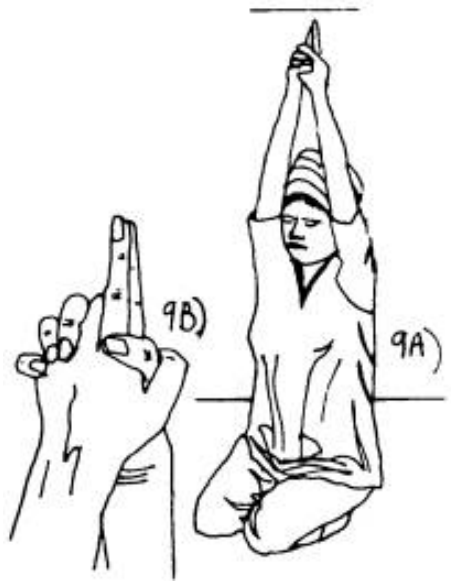
5. In easy pose, grasp the knees firmly and, keeping the elbows straight, begin to flex the upper spine. Inhale forward, exhale back. Repeat 108 times, rest 1 minute.



6. Shrug both shoulders up with the inhale, down with the exhale. Do this for less than 2 minutes. Inhale and hold 15 seconds with shoulders pressed up. Relax the shoulders.

7. Roll the neck slowly to the right 5 times, then to the left 5 times. Inhale, pull the neck straight.

8. Lock the fingers in bear grip at the throat level (8A). Inhale -apply mul bhand. Exhale -apply mul bhand. Then raise the hands above the top of the head (8B). Inhale -apply mul bhand. Exhale -apply mul bhand. Repeat the cycle two more times.



9. Sat Kriya: Sit on heels with arms stretched over the head (9A). Interlock the fingers except for the two index fingers which point straight up (9B). Say "Sat" and pull the navel point in; say "Nam" and relax it. Continue at least 3 minutes. Then inhale -squeeze the energy from the base of the spine to the top of the skull.

10. Relax completely on your back for 15 minutes.

COMMENTS:
Age is measured by the flexibility of the spine; to stay young, stay flexible. This series works systematically from the base of the spine to the top. All 26 vertebrae receive stimulation and all the chakras receive a burst of energy. This makes it a good series to do before meditaton.
In a beginner's class each exercise that lists 108 repetitions can be done 26 times. The rest periods are then extended from 1 to 2 minutes.
Many people report greater mental clarity and alacrity after regular practice of this kriya. A contributing factor is the increased circulation of the spinal fluid, which is crucially linked to having a good memory.